1. Two ways to run your tasks
   1. Extending Thread class.
   2. Implementing Runnable Interface.
2. **Recommended Approach**🡺 Go for Runnable Interface.
   1. Due to single responsibility principle, we want thread functionalities in a separate class and task related in different class.
3. **Why do we need sleep**():
   1. **Web Crawler**: To crawl web pages.
      1. When a link is given to a web crawler, it downloads the page and all the web pages whose links are given in that main page and this procedure continues to all the inner levels.  
         So, the web server serving the web page may be loaded with a lot of requests. So, we can use sleep() for some delay.
   2. **Campaign Ads**: After each hour, you want to send email.   
      **NOTE**: Even though we have better approach such as Quartz by Spring.
4. Alternative to Thread.sleep(milliseconds):
   1. **Java 5**: TimeUnit.seconds.sleep(20);  
      